The pride of North Carolina's electric cooperatives

Volume 48, No. 10, October 2016

Carolina Country

The People's Bike Shop

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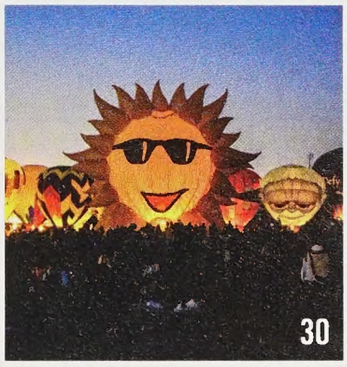

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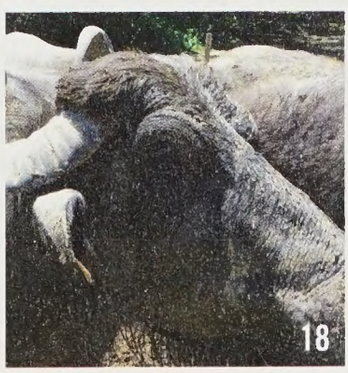
Henry Bley-Vroman, a volunteer at The ReCYCLEry in Chapel Hill, makes adjustments to a salvaged bike. Read more about the cooperative bike shop on page 14. Photo by Jason Binkley.



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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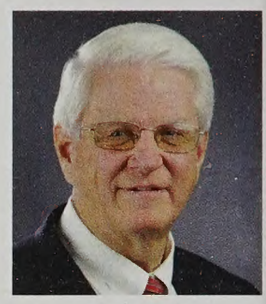
Cooperative Principles in Action



By Wayne Wilkins

I've spent my career working for electric cooperatives, and I'll admit that on occasion, I take for granted just how remarkable the cooperative business model is. But it doesn't take long in a day of work at the co-op to be reminded of that fact.

The "cooperative difference," as we call it, shines through in many ways — some subtle, some not so subtle. It could be through a decision made by our board of directors, elected from the members, by the members, that betters the co-op in the long-term. It could be through a line crew working into the night to help a neighboring co-op restore power after a storm. Or it could be through the look on a new member's face when they realize their electric utility truly puts their needs above all else.

Since our creation, electric co-ops have always focused on providing safe, reliable and affordable energy to our members — the core of our mission. However, we also strive to exceed our members' expectations and provide them products and services that truly empower their lives. As your needs and available technology change, so does what we offer as your trusted energy advisor.

The key to this business model is a set of seven principles that every co-op adheres to. These principles, along with the cooperative purpose of improving quality of life for our members, make electric cooperatives different from other electric utilities. You'll find those principles listed on the page. One that resonates with me at this time of year is Democratic Member Control.

Since last spring, electric co-ops across the state have been holding annual meetings, an important time to hear from your electric cooperative and participate in director elections. Your boards of directors play a critical role in setting the long-term vision for your co-op based on member needs, and your participation in the election is what makes it all work. So thank you to those who participated or will participate this year, and congratulations to the newly elected board members. That's Democratic Member Control in action.

Similar to how member participation is the foundation to a healthy co-op, participation in the state and federal election process helps ensure the well-being of our nation. You can play a role by simply getting out to vote this November.

It's important that, as electric co-op members, we take part in state and federal elections to ensure rural North Carolina, and the issues important to us and our communities, are represented. During the 2012 Presidential election cycle, there was an 18 percent drop in voter turnout in rural areas — more than twice the drop in urban and suburban parts of the country. Let's turn that around this November and make our voices heard at the polls.

Voter registration is open in North Carolina through October 14, and Election Day is Tuesday, November 8. Together, we can show our elected officials what the "cooperative difference" means, and move the needle on issues that are important to our communities.

Wayne Wilkins is CEO at EnergyUnited in Statesville and chairman of the Rural Electric Action Program, the state political action committee for North Carolina's Electric Cooperatives.

Seven Cooperative Principles

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member's Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

A Cold-Month Project

Thank you and Renee Gannon for the "Exploring the Roots of Your Family Tree" article in the September issue [September 2016, pages 12–13]. This past summer I gathered up every photograph I've ever taken, plus ones I procured from my mother when I visited her last spring, and organized them into scrapbooks.

Along the way I came upon a small mountain of genealogical info I'd gathered over the years, as well as a family Bible in my mother's possession. I was planning to take the colder months this winter to join ancestry.com and organize it all, as well as make it available to whichever family members were interested. I'll let others delve deeper, once they have the info I can provide.

This article clarified many ways of searching for more information, and pointed me at services that will come in handy during this project.

Carol A. Strickland, Efland,
a member of Piedmont Electric

Family Fact-Checking

Thanks for the article by Renee Gannon ["Exploring the Roots of Your Family Tree"] about climbing the family tree. She offered a fascinating story about her search for "Uncle Daniel" as well as hints for other researchers. I would reiterate her caution about not believing everything you find online!

One of the websites, which can be quite helpful and fascinating, can also be the source of major errors: Findagrave.com. Perhaps because it is free and is maintained by hundreds or thousands of volunteers—some of whom don't fact-check information (especially dates & names) before posting them—it can be excruciatingly frustrating.

Linda Woodard, Chapel Hill,
a member of Piedmont Electric

Editor's Note: Linda shared more of her story with us about an inaccurate middle name for one of her ancestors that had been maintained online by a far-away volunteer. As Renee quoted in her article, "You can't rely on any online family tree site to be 100 percent accurate ... You must pay particular attention to dates, and verify as best you can."

Jarring Question

The July and August issues of Carolina Country had articles about canning. This brought a question to mind.

When I was growing up, my mama canned a lot of stuff. She used glass jars, but we called them cans. After all, she was canning in them!

Anyway, when I got married, my wife told me they were not cans, they were jars.

If we are canning in them, why not call them cans? If we call them jars, why not call it jarring?

Hope you understand the question!

Jimmy Roddy, Asheboro,
a member of Randolph EMC

Editor's Note: We share your confusion, Jimmy. There's also the age-old question of why one would drive on a parkway and park in a driveway...

Who You Gonna Call?

We had lights that would go dim and then real bright on their own. The fans would speed up and slow down. We had someone come out and check our breaker box—it checked out just fine. We someone come out and check our AC unit—it checked out great. This went on for about two weeks. We could not figure it out. So there was only one other thing that we could think of: We had a ghost.

That is when we called Ghostbusters (Union Power). They came out and checked all our wiring outside. Bingo! It was 35+ years old. It fixed our lights, so thank you Ghostbusters (Union Power)!

Don and Carla Gordon, Locust,
members of Union Power Cooperative

Editor's Note: Union Power lineworkers replaced old connections in the weatherhead, where the overhead service wire connects with the house.

Little Free Libraries Across N.C.

Our August article ("Little Free Libraries," August 2016, pages 14 and 15) highlighted some of the more than 500 free, community book boxes in North Carolina. We've enjoyed hearing back from readers about the story on carolinacountry.com, some of whom maintain LFLs of their own:

Love this article! I have an LFL in progress. Thank you for doing such a lovely job!

–Melanie Collins
(retired librarian, of course)

Thanks for this great article. So proud to be a part of this wonderful movement. We appreciate your article and the attention you are bringing to the cause.

–Ouida

My wife and I have a LFL in Avon on Hatteras Island. Lots of activity, and it doubles as a geocache location (LFL 21578 Avon OBX NC).

–Neil Swartz

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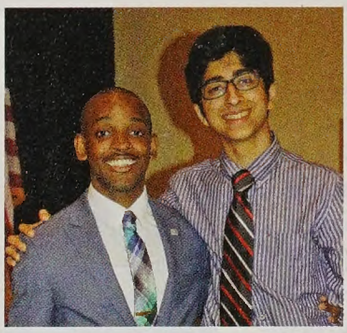

iMatter, Choice, Character and Conviction in 2016

In June, when summer was in full swing, more than 140 4-H'ers and adults representing 61 4-H programs across the state attended **Citizenship North Carolina Focus**. Youth delegates who attended this annual conference were encouraged to develop their leadership and citizenship skills through participation in workshops and group sessions. By gathering to exchange ideas, delegates gained knowledge and learned through hands-on experiences about the importance of being an active and engaged citizen. This was reflected through this year's conference theme of iMatter, Choice, Character and Conviction in 2016.

Delegates who attended also had the opportunity to hear dynamic speakers that encouraged and promoted youth advocacy. Attendees learned about North Carolina state government and the collaboration between the government, for-profit and not-for-profit sectors in North Carolina. In addition, delegates participated in sessions related to civil discourse, public speaking, voting 101, learning about the North Carolina General Assembly and more!

The three-day conference culminated with a Legislative Breakfast where delegates had a chance to meet and have photos taken with their elected officials. Following the breakfast, delegates walked to the Legislative Buildings to meet with their elected officials and their staff.

4-H Citizenship North Carolina Focus is sponsored by North Carolina's Electric Cooperatives — Touchstone Energy. North Carolina 4-H is Cooperative Extension's youth development program.

4-H GROWS HERE

NC Electric Cooperatives
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Co-op Careers Offer a Paycheck and a Purpose

Every day in this country, more than 75,000 men and women go to work at America's electric cooperatives to keep the lights on for 42 million energy consumers in 47 states.

It's challenging work, but in addition to a paycheck, co-op employees go home each night knowing they've helped make their communities better places to live.

Over the next five years, thousands of new workers will get to experience that sense of purpose and pride as America's electric cooperatives hire nearly 15,000 employees nationwide. These new hires will replace baby boomers reaching retirement age and accommodate organic growth in the energy industry.

For most people who think about electric cooperative employees, a lineworker high atop a pole comes to mind. It's true that lineworkers comprise the largest segment of the co-op workforce (approximately 25 percent), but it takes a variety of talents to keep a cooperative running smoothly.

Information technology and engineering are two rapidly growing career opportunities at co-ops. The need for more high-tech workers is driven by the shift to a smarter electric grid and the growth of renewable energy sources that must be carefully monitored and managed.

Other in-demand career paths at electric cooperatives include finance, member services, equipment operators, energy advisors, communications and marketing, purchasing, administrative support and human resources.

But what if your local co-op is fully staffed and doesn't anticipate any openings in the near future? Many jobs, especially lineworkers, equipment operators and similar roles, are available through regional and national contractors.

These contractors are typically hired to supplement local utility crews to help build large projects or repair widespread storm damage. They move from project to project over time, offering employees a chance to see different parts of the country.

They provide a great option for individuals who would like to join their hometown co-op when a position becomes available, but want to start working immediately.

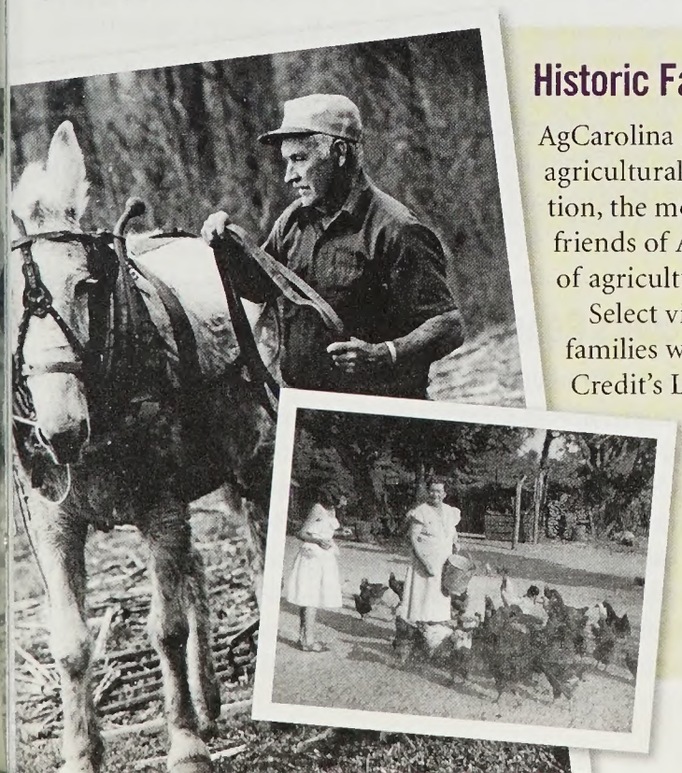
Also, while the energy industry offers many rewarding careers to recent high school and college graduates, it is also a great place to start a second or third career.

Lineworker training programs offered through community colleges are growing in popularity among people who previously worked in oil and gas, manufacturing, mining, forestry and other similar industries.

Electric cooperatives are also eager to hire military veterans and their spouses. Last year, America's electric cooperatives launched a program called "Serve Our Co-ops; Serve Our Country" to honor and hire veterans and their spouses.

To learn more about the opportunities available across the cooperative network, visit careers.touchstoneenergy.coop. Information on the military veterans program is available at servevets.coop.

—Justin LaBerge, NRECA



Historic Farm Photos Needed

AgCarolina Farm Credit is celebrating 100 years of service to the rural and agricultural communities of eastern North Carolina. As part of the celebration, the member-owned cooperative is asking customers, employees and friends of AgCarolina Farm Credit to share photos from the last 100 years of agriculture.

Select vintage photo entries of farm equipment, farm scenes and farm families will be used in a commemorative edition of AgCarolina Farm Credit's Leader magazine and on social media.

Mail submissions by Friday, October 7, 2016, to the Marketing Department, P.O. Box 14789, Raleigh, N.C., 27620. Participants are encouraged to provide details of photo submissions, and include name and address information for photos to be returned to their owner.

AgCarolina FARM CREDIT

Cyber Counter-Attack

How co-ops are keeping hackers away from the electric grid

About 3:30 in the afternoon last December 23, operators at three electric utilities halfway around the world in western Ukraine found themselves not to be solely in control of their computer terminals. Someone from outside the utilities had taken over the controls and started opening circuit breakers at more than 27 substations, cutting power to more than 200,000 customers. Thousands of fake calls clogged utility switchboards, preventing people from phoning in to get information about the outage. Utility workers switched to manual operations, and it took three hours to restore power.

That's not a movie plot. And if you missed or forgot about that news report from last year, people who run electric utilities have not. Attention to cyber security at electric utilities has been growing fast in the past few years, and the Ukraine attack pushed that trend into overdrive.

"It's garnered a lot of attention from the federal government and throughout the industry," says Barry Lawson, Associate Director of Power Delivery and Reliability for the National Rural Electric Cooperative Association (NRECA).

A big part of Lawson's job is helping the nearly 1,000 electric co-ops in the country understand digital-age dangers, and ensuring that they know how to protect and secure the power supply, electric grid, and co-op members and employees from internet mischief.

In North Carolina, electric cooperatives are taking a proactive approach to cyber security, building out principles and processes to be ready should a greater cyber threat emerge. And those security precautions go well beyond the IT department.

"There's a fundamental shift in the way we're approaching cyber security across the state," said Ajaz Sadiq, vice president, CTO and CSO for North Carolina's Electric Cooperatives. "Rather than see it as a checklist of protocols for IT to manage, we're making it a part of our whole culture. Each employee at the co-op is aware of the risks, how to spot them and how to stop them. This is similar to how North Carolina's electric cooperatives have benefited from a culture of safety—with safety being a priority from the top of the organization on down."

While the Ukraine cyber attack has been studied in-depth by U.S. utilities and the Federal Department of Homeland Security, most analysts see a large-scale attack by hackers as unlikely to succeed in this country. The reports characterize the Ukraine attack as extremely well planned and coordinated, but not technically sophisticated.

The Ukraine incident actually started as early as March of last year, when utility workers received e-mails with Microsoft Office documents, such as an Excel spreadsheet, from the Ukrainian parliament. But the emails were not from the Ukrainian parliament. When workers followed the email instructions asking them to click on a link to "enable macros," malicious malware embedded in the documents—called BlackEnergy 3—secretly infected the system. Among other capabilities, BlackEnergy 3 can enable an adversary to observe and copy all the keystrokes made on the infected computers, giving hackers passwords and other login information needed to access the utility's operations control systems.

Defenses against that kind of attack are pretty basic, and you've probably even heard the warnings yourself—don't click on any links or attachments unless you were expecting the message to be sent to you. For cyber threats like this,

Vine-Ripe Fuel: Researchers Generate Electricity with Tomatoes

Fried, sauced, sliced or just eaten off the vine, there are few things more satisfying than a good tomato. Unfortunately, not all tomatoes make it onto a dinner plate, generating mountains of waste in landfills every year. But researchers at the South Dakota School of Mines & Technology and Princeton University are collaborating to make a smashed and rotten tomato just as appealing as a ripe, fresh one.

"We have found that spoiled and damaged tomatoes left over from harvest can be a particularly powerful source of energy when used in a biological or microbial electrochemical cell," says Namita Shrestha, a graduate student working on the project. "The process also helps purify the tomato-contaminated solid waste and associated waste water."

where employees are targeted as the "weak links" in the security chain, it makes a culture of cyber security all the more critical.

New cyber security standards require upgraded levels of training for utility operators, multiple layers of security to shield operational and control systems from the internet and even stricter procedures for visitor access (physical and electronic) to control rooms. Electric cooperatives have participated in the North American Electric Reliability Corporation (NERC) standards development process, which has made the electric utility industry one of the nation's only industries to have mandatory enforceable cyber security standards. Failing to comply with these standards can result in fines of up to $1 million per day, per violation.

Electric cooperatives in North Carolina and across the country are increasing their efforts to enhance and formalize their security plans, processes and controls. For example, NRECA has worked with the Department of Energy to develop software called Essence, which constantly monitors a utility's system for even a microsecond of irregularity that might indicate some kind of hacking attempt or malware is interfering with the system.

With all that attention to keeping the electricity flowing, Lawson says there's another major cyber-threat receiving high-priority attention from electric co-ops—protecting data and critical utility information to avoid identity theft of members' information. He says some co-ops hire firms to periodically try to hack into their computer systems, so the co-op can identify and fix the holes in their security.

Lawson describes a scary world of cyber terrorists, organized crime, issue-oriented groups or just kids in their basement seeing what kind of trouble they can cause on the internet. At the same time, he compares those high-tech threats to risks posed by hurricanes or the everyday need for paying attention to safety at the electric cooperative. Co-ops regularly use risk assessment and management practices to balance a wide range of threats to their systems.

"Physical security and cyber security are becoming just another cost of doing business," says Lawson. "You'll never be 100 percent secure, and all you can do is try your best to keep up with the bad guys. It's a fact of life in these days and times we're living in."

—Paul Wesslund, for NRECA

Their research has focused on Florida's tomato crop, where nearly 400,000 tons of wasted tomatoes go into landfills every year. The process uses bacteria to break down and oxidize the organic material in these tomatoes, which releases electrons that can be captured in a fuel cell.

Although you won't find tomato-fueled power plants springing up anytime soon—10 milligrams of tomato waste results in only 0.3 watts of electricity—researchers do think the discovery has some promise. According to calculations by Shrestha, a year's worth of tomato waste in Florida could meet Disney World's electricity demand for three months.

'Home Energy Score' Comes to N.C.

Do you live in a "1" or a "10"? Existing homes in North Carolina can now be assigned a score measuring energy efficiency.

Some building assessment organizations and affiliated contractors across the state are adopting the U.S. Department of Energy's Home Energy Score (HES) rating system for existing homes. More than 45,000 homes have received a score nationwide.

"For homeowners, it's a clear and easy way to understand how they can ultimately save money by making their home more energy efficient," said Ryan Miller, the N.C. Building Performance Association's founder and executive director. "Likewise, contractors can use this tool as a guide to help homeowners in their renovation decisions and expand their available services. It's a win-win for everyone involved."

Through HES, existing homes can receive a score of 1–10, with 10 being very efficient. A score of five is seen as comparable to an average U.S. home. The rating quantifies current energy use and identifies simple ways to reduce utility costs at an average of 15 percent. The HES assessment also provides homeowners with recommendations for energy upgrades and an estimate of how these improvements would reduce utility bills and improve the home's overall score.

The Western North Carolina Green Building Council is the official provider of HES in the state (through its Green Gauge program) and can provide more information. Visit wncgbc.org or contact Sam Ruark-Eastes at 828-254-1995. Contact your electric cooperative for additional information on making your home more energy efficient.

ADVERTISEMENT

Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck.

I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it! I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that Might help my loose neck skin?

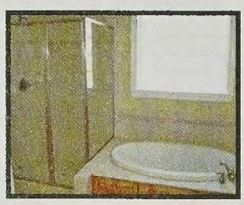
Turkey Neck, Charlotte, NC

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that is designed to firm, tighten and invigorate skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream.**

This cream contains an instant-effect ingredient that aims to tighten the skin naturally, as well as deep-moisturizing ingredients aiming to firm the skin and make it more supple. Amazingly, the Dermagist Neck Restoration Cream also has Stem Cells taken from Malus Domesticus, a special apple from Switzerland.

These apple stem cells target your skin's aging cells, and strive to bring back their youthful firmness, and elasticity. As an alternative to the scary surgeries or face lifts that many people resort to, this cream has the potential to deliver a big punch to the loose saggy skin of the neck. **The Dermagist Neck Restoration Cream is available online at Dermagist.com** or you can order or learn more by **calling toll-free, 888-771-5355.** Oh, I almost forgot... I was given a promo code when I placed my order that gave me 10% off. The code was **"NCN21".** It's worth a try to see if it still works.

Built On Your Land



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October is National Down Syndrome Awareness Month

Down syndrome, or Trisomy-21, occurs when an individual has a full or partial extra copy of chromosome 21. One in every 691 babies in the United States is born with Down syndrome, making it the most common chromosomal condition. More than 400,000 people in the U.S. have Down syndrome.

For more information about Down syndrome, visit ndss.org.

For a list of North Carolina resources, visit bit.ly/NC-DownSyndrome or go to bit.ly/ndss-LocalSupport and search for N.C. support organizations.

An Opportunity for Choice, Chance and Reward...

By Tammy Wilkins

On Jan. 3, 1990, I experienced a change that would forever alter my life, goals and future. I gave birth to my third beautiful daughter! Although all prenatal testing was normal, Sarah was diagnosed with Down syndrome soon after birth. I will forever remember that day and the extreme feeling of complete helplessness. Yet I soon realized I had just stepped into shoes that would lead me on a path of how to love unconditionally and appreciate life, though I still cry often.

I am a single mom. I work two jobs to support Sarah and myself. I have watched Sarah battle so many medical issues, the scariest of which was open heart surgery at 19 months old. But the most devastating, but uplifting was watching her battle cancer twice—and win! Sarah now has an immune deficiency that requires weekly infusions for the rest of her life.

Sarah's diagnosis and life-long medical struggles also provided an opportunity for both of us. Despite all she has been through, Sarah is so full of life that I can hardly keep up. And although Sarah continues to battle health issues, she still challenges herself to be an active athlete.

Choice

We all are faced with choices in life. Sarah's desire to be an athlete led me to become a certified aquatics coach for the Special Olympics of Iredell County, a position I have cherished now for many years. I recently became a certified bocce, bowling and basketball coach. I also assist other coaches in the sailing, skiing and golf activities. Sarah competes in all of these sports as well as the Spring Games every year. Through my involvement with Sarah and others, I learned to love and appreciate life. I had no idea of the special blessing that had been bestowed on me when Sarah was born, until I made the choice to participate.

Chance

As I watch my athletes practice and compete, I remember the day Sarah was born and I wonder if other moms were as devastated as me when learning of a similar diagnosis. I often ask myself why we were chosen to be blessed with such a responsibility of raising a child with special needs. But I knew if it were by chance, I had to embrace what was given to me.

Reward

As I watch Sarah compete in various sports, I remember handing her over to the heart surgeon, scared I was kissing her for the last time. I remember Sarah losing her hair three times during years of chemotherapy. Then I witness Sarah's and the other athletes' faces light up the entire world when they cross the finish line or reach the other side of the pool. Then comes that contagious smile that is unforgettable as the official hangs the medal around their necks! This is when I cry often, but now with tears of JOY!

I have been blessed beyond measure. As Sarah battles her medical issues, I am by her side, fighting with her, as are her sisters and father. I am often told what a wonderful job I do holding myself together through hard times, but when I see that angel face, the battle becomes so much easier.

Some people wait their entire lives to meet their hero—I gave birth to mine. I'm not a superhero, I'm a mom.

Send Your Story

If you have a story for "Where Life Takes Us," send it to us. For details, go online: carolinacountry.com/inspiration

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MORE THAN A BIKE SHOP

The ReCYCLEry NC is peddling a better community

By Erin Binkley — Photos by Jason Binkley

Down a brick alley between two noisy bars, there's an open door. The light from inside is welcoming and so are the faces you find there. But you won't find any tables or booths, and there aren't any specials. This small concrete room is filled from floor to ceiling with deconstructed bicycles.

On any given Wednesday night, you can come to this small space on Graham Street in Chapel Hill and learn an unusual skill for an even more unusual price. That's what The ReCYCLEry is about: Teaching bike mechanics for free.

Well, not exactly for free. You'll earn your keep—and your bike—by giving your time to the shop and those in it.

"Basically, it's about volunteerism," says founder Richard Giorgi. "When you exchange money for something, it kind of spoils it a little bit sometimes, if it's something you love."

For the love of cycling

It's an idea founded on friendship and acceptance. Join a community, learn a skill, better your health, get transportation—regardless of whether or not you can afford it.

"It was always meant to be inclusive and never exclusive," Giorgi says. "That's the goal. Totally 100 percent inclusive. That's why we've earned this reputation for teaching slowly and kindly and having fun."

The idea is not new, but when Giorgi founded the nonprofit almost 15 years ago in his own side yard, it was unheard of in this area.

"I was living briefly in Ithaca, where I was mountain biking a little bit. And they had a place that was similar to this called RIBS, Recycle Ithaca's Bikes. You could go in and you could just do stuff in exchange for bicycles. I thought that was awesome."

The shop has run the same basic process for years. Originally, the founders developed a system of accountability for volunteer hours by using cards and color codes, but it proved too complex.

They moved to an honor system, which has worked for them ever since.

"We've got the parts, we've got the tools, we've got the expertise, but we don't do the work for them," says Giorgi. "It's not like a free bike shop, but we've got everything they need."

When someone walks in the shop looking for a bike, volunteers send them "out back" to a side yard. Inside a fenced enclosure decorated with murals and brightly-colored wheel rims, there are hundreds of bikes. Most of them missing parts, some decades old. The bikes that have been spoken for wear manila tags with handwritten names—the rest of them are up for grabs.

The visitor brings her selected bike inside the small shop and a volunteer sets her up on one of the stands. This volunteer, in most cases, will work with her one-on-one all day.

Giorgi thinks it's better this way, "I don't want the volunteers to feel rushed—I try to reserve that for me." Fixing the bike is largely up to the visitor, but volunteers are there to point the way, offer parts and tools, and check the finished product for safety.

Community members often bring in donations of bikes, but the real reward is when someone who has received a bike returns to offer up their time. Wednesday nights are

Opposite: *Neal, a student and volunteer, helps repair the tire on a donated bicycle.*
Top left: *A volunteer helps a local child choose a bike to rebuild.*
Bottom left: *Richard Giorgi, founder of the bicycle cooperative.*

Advanced Mechanic Night, where volunteers are certified as mechanics. The most devoted volunteers often come from this pool of certified experts.

Building confidence

For those who are a part of this process, it's changing lives. During Christmas 2010, for example, the volunteers came together to give 130 bikes away to local children.

"You hand a kid a bike, and it's the greatest thing ever. It's freedom for those kids," says Matt, a volunteer at The ReCYCLEry for the past four years.

A huge part of what the nonprofit does is for children, both donating and teaching. Inspired to teach kids to overcome obstacles, the shop holds monthly workshops just for their smallest cyclists.

"We thought if we taught kids something that they didn't think they could do previously, like fixing a bicycle for themselves, maybe at some point in time when they were dealing with a tough essay or tough math problem, that would carry them through. Like, 'I could do this,'" says Giorgi.

The ReCYCLEry also has a reputation for accepting people who may not find a home elsewhere. The financially and mechanically challenged are equally welcome. Intimidation is eased away. And that can mean breaking down stereotypes.

Though bike mechanics are almost always male, the shop has graduated 60 mechanics—43 of which were female.

"You get to build things. I like it because I can come work on other people's projects, or you can just come and do your own thing," says Ellen, a student who is a regular at The ReCYCLEry.

Two years ago, she took a mechanic's class, then spent the summer building up her own bike. Now she brings new people in, especially students at UNC.

"It's usually in their second year, when they're like 'I want to get off campus, I want to go do things, but I don't have a car.' And I'm like, 'You could go get a bike. You could go earn your own bike.'"

"You can bring people together from disparate backgrounds," says Giorgi. "Maybe they don't even speak the same language, or have anything in common besides the fact that they're working on these bicycles together. And if you get them to work together, maybe they create a bond."

The nuts and bolts of bike wheels aren't the only things coming together in this space. A vibrant, surprising and diverse family can be found down the brick alley on Graham street. If you stop by, you'll ride out with much more than you had when you walked in.

Get Involved

For more information about The ReCYCLEry in Chapel Hill, visit their site recyclery.org or call 919-533-9196.

Wright (front row, second f
left) with the 2016–2017
SAVE Youth Advisory Board

STANDING STRONG AGAINST VIOLENCE

By Scott Gates

IT'S NO ACCIDENT

that the color orange has become a symbol of anti-violence in schools across America. In 1989, West Charlotte High School junior Alex Orange was at a "Stop the Violence" party when students from a rival school showed up looking for trouble. One of them pulled a gun, and Alex stepped up to talk some sense into him. Sadly, that was the last act of Alex's life.

Gary Weart was Alex's teacher at the time, and had lost seven students to violence prior to Alex.

"I didn't find out about it until the next day, at baseball practice," remembers Weart, who was the varsity baseball coach. "We didn't practice that day. We sat on the field and told stories about Alex. It hit the kids hard, and that was the first indication to me that something special might come out of this. And it certainly has."

Alex's friends soon came to Weart for help organizing an anti-violence group they called Students Against Violence Everywhere, or SAVE.

That local North Carolina movement has since grown into an international organization. Today, SAVE has 2,200 chapters across 48 states and seven other countries. These are students who, like Alex, have recognized problems in their schools and communities, and stepped up to play a role in making them better.

"SAVE is a grassroots program that has grown over the past 27 years, but unfortunately the need for youth violence prevention is not going away anytime soon," says Carleen Wray, executive director for the National Association of Students Against Violence Everywhere. "Kids want to be part of the solution to violence, they just need to know how."

That's one of the core missions of SAVE chapters: Teaching students how. How to help prevent crime, how to handle conflict at school. Even how to work through personal struggles that can lead to self-harm. There's no "taboo" topics for these students, and each chapter takes on issues unique to their schools and communities.

"This is student-led, for students," says Kaleigh Wright, an incoming junior at Cuthbertson High School in Waxhaw, a Union Power member. Wright is the president of SAVE's Youth Advisory Board, elected to the position by her peers. "SAVE is one of the best clubs because it's driven by youth voices, targeting anything they see is an issue in their school. Each chapter will be different."

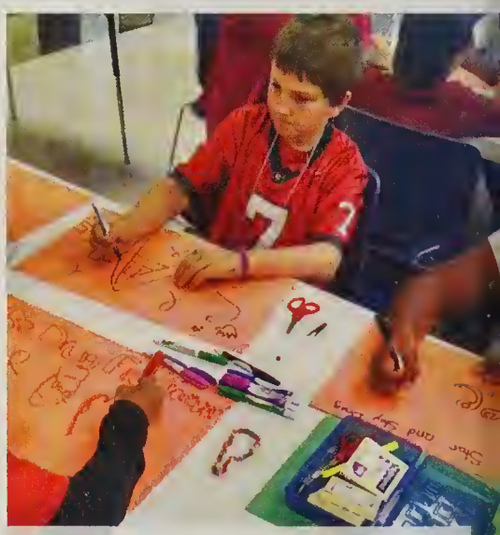
Wright is drawn to the cause, in part, by personal experience. When she was younger she was targeted by bullies, teased and even beaten up on a bus. At Cuthbertson High School, Wright and her SAVE chapter are working to reach students and spread awareness before violence happens.

Students have come to look for "toilet talk"—little crime prevention messages hanging in bathrooms. They are donating their time in the community at local women's and children's shelters. And they are given opportunities to get to know their School Resource Officer (a police officer stationed at a school) "before you need to know him," as Wright puts it.

"I honestly have seen a change," Wright says. "Over the past few years there's been a steady decline in bullying. There's still cyberbullying, of course [teasing and bullying on social media sites], which we plan to take on this year."

Those looking to get involved can take a first step by participating in National SAVE Day, Wednesday, October 19, during America's Safe Schools Week. Starting a chapter just takes a few students looking to make a difference.

"Unfortunately violence occurs everywhere," Wray says. "But wherever you have a group of youth concerned about safety, you can have a SAVE chapter."



Students create SAVE posters at Hunters Creek Elementary in Piney Green.

Want to learn more?
Visit nationalsave.org for information about SAVE, and how you can get involved or start a chapter.

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UNLIKELY Cheesemakers

A Rowan County water buffalo herd yields surprisingly tasty cheese

Story and photos by Leah Chester-Davis

Early morning mist hangs low over the North Carolina countryside in Rowan County. A thunderstorm the evening before delivered needed rain, welcomed by gardeners and farmers, as well as the herd of water buffalo at Fading D farm.

These huge beasts, not to be confused with the American bison, originate from Asia. They love water and mud puddles. Their distinguishing features are their large curved horns and, to some cheese aficionados, the "Mozzarella di Bufala" made from their milk. The fresh, soft cheese originated in southern Italy when water buffalo were imported there centuries ago.

Fading D Farm is the only water buffalo farm and creamery in North Carolina, and one of only a handful in the entire country. Owners David and Faythe DiLoreto couldn't have predicted just a few short years ago that they would be immersed in building a water buffalo herd in their quest to produce the coveted Mozzarella di Bufala cheese.

It all happened "kinda as a lark," says David.

For this retired family physician and his wife, it started with a trip to Italy in 2011. One taste of the famous Mozzarella di Bufala, a creamy white cheese that is sometimes called "the pearl of the table," and they were hooked. When they returned home they searched for a place to buy the cheese but couldn't find it—it's difficult to import because it must be eaten within a few days. So Faythe found a small herd of water buffalo instead and bought them as a birthday gift for David. Perhaps, she thought, they could make the cheese they fell in love with.

They now have 45 water buffalo in their herd with a goal of having 20 in rotation for milking. The bull calves are raised for meat. All are hand raised to get them used to being around people.

"We hold the bottle for them and interact with them when they are young. It keeps them calm," David says. This will help when it comes time to milk them.

"Water buffalo are closer to the wild genetically," he explains. "A water buffalo produces about 1½ gallons per day while a dairy cow, such as a Holstein, which has been bred to produce milk, may produce 8 to 10 gallons."

The hand-raised buffalo are like pets. They all get names. "The girls get cheese names like Havarti, Queso, Halloumi, Mozza and Rella," says David. "The boys get the meat-related names—Meatball, Mr. T-Bone, Stew and Sirloin."

As with any dairy, the days start early and the work is hard, but the DiLoretos are embracing their new lifestyle. They work as a team, each heading up different areas of the Fading D Farm operation (say their names quickly, Faythe and Dr. D, and that's how they came up with their farm name.) David oversees the animals. Faythe is the head cheesemaker.

"We do everything from raising the cows to making the cheese," David says.

On Mondays and Thursdays, Faythe's days start at 5:30 a.m. These are the cheesemaking days, and she settles into a steady rhythm of moving the milk from a cooling tank into the pasteurizer, a large tank where she will bring the milk to a high temperature to kill any harmful bacteria. After the milk has been pasteurized, Faythe adds culture and rennet at various stages to make cheese.

The cheesemaking process combines both science and art. It takes most of the day and at intervals throughout she uses a tool called a spino—an oval, whisk-like shape at one end with a long handle—to stir the mixture, which cuts the cheese curds and allows the whey to be released. She goes through this step several times before she can move the curds into molds of various shapes depending on the type cheese she is making on a particular day.

As she works, she touts the attributes of water buffalo milk, which has more butterfat content than cow's milk, resulting in richer, creamier cheese. It also has more protein and calcium, with less cholesterol. "It is better for those with food allergies or who are sensitive to cow's milk," adds David.

When Faythe is at a point in the process where she can step away for a moment, she opens the door to the aging room where the temperature and humidity are controlled. Rows and rows of cheese rounds and squares, each residing on wooden boards that are labeled to signify the date and

◂ *David and Faythe DiLoreto with their water buffalo.*

batch, extend from floor to ceiling. It's a beautiful sight.

Currently, Fading D Farm sells five different kinds of cheese, both aged and fresh, made from the rich water buffalo milk. Each has its own characteristic and all are creamy and delicious. As David brings three different flavors, Roco, Sapore and Bel Bufala, out of the aging room for a taste test, he shares a bit of the history of cheesemaking, including how Italy names cheeses for its various regions. Fading D Farm has adopted that tradition and has created and named a cheese "Roco" for the location of their farm in Rowan County. "It's what a lot of people affectionately call Rowan County," Faythe says.

With knowledge tucked under their belts from an artisanal cheese course in Italy, classes with a master cheesemaker in New England and two years of making cheese in their home to perfect the process, the two opened their state-inspected creamery in January.

The facility includes observation windows so visitors can watch the milking and cheesemaking process, getting some idea of what all goes into the cheese that the DiLoreto's have come to know so well.

"We know what's in it. We enjoy it from start to finish and having control over all of it. We know the cows are treated properly. We know the cheese is handled properly," David says. "It's such a good product—we love it."

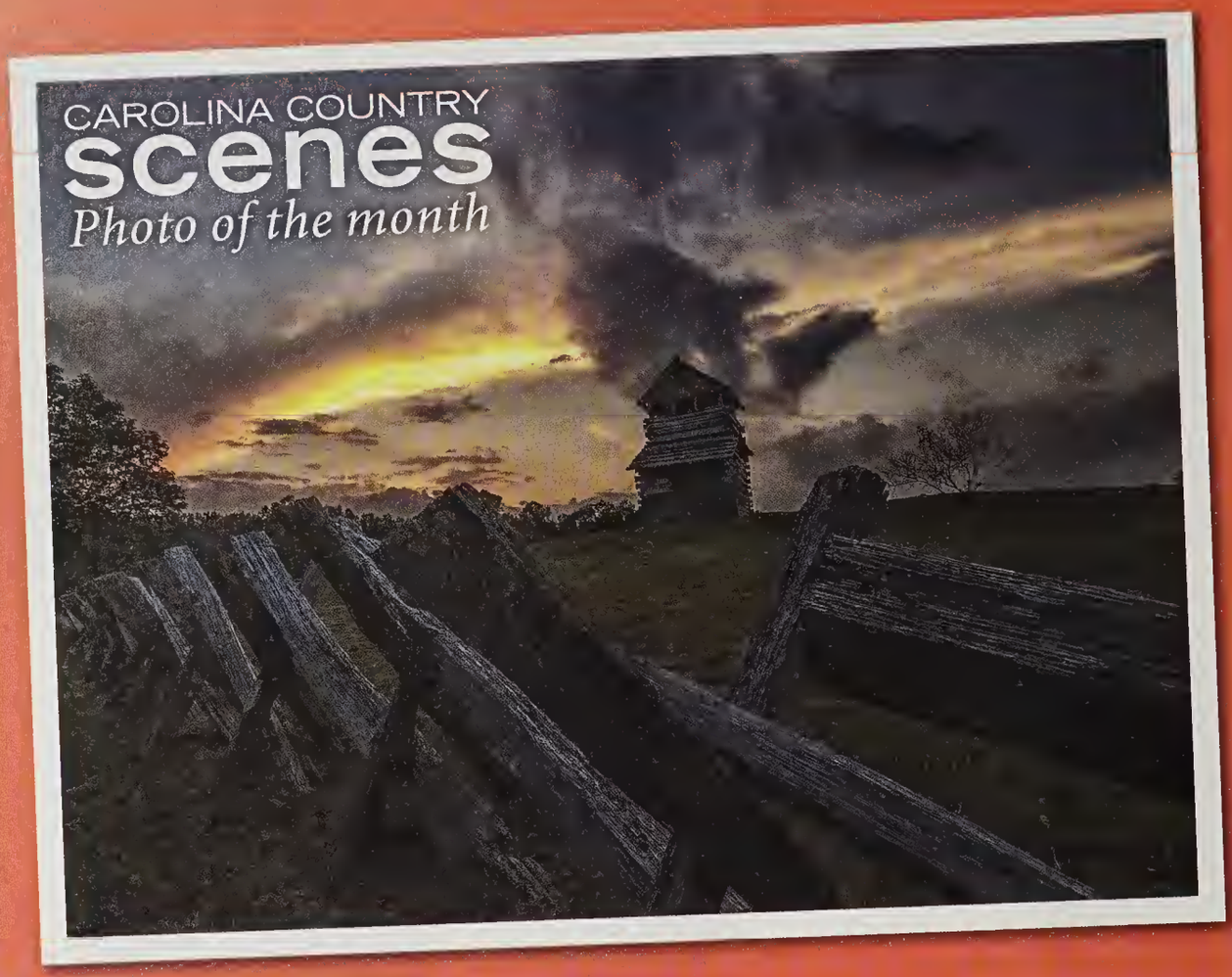
Leah Chester-Davis loves to explore North Carolina. Her business, Chester-Davis Communications (chester-davis.com), specializes in food, farm, gardening and lifestyle brands and organizations.

Interested in a Taste?

The farm's store at 295 Fading D Farm Road in Salisbury is open Wednesdays and Saturdays from 3 to 6 p.m. Its cheese is also sold at farmers markets in Charlotte, Davidson and Salisbury on Saturdays. (Order the Mozzarella di Bufala in advance; because of its short shelf life, Faythe makes the cheese based on requests.) The Salisbury Wine Shop; Orman's Cheese Shop in Charlotte and Raleigh; and Weaver Street Market in Carrboro, Chapel Hill and Hillsborough also sell Fading D Farm's cheese.

Fading D Farm is part of the North Carolina Cheese Trail. More information is available at fadingdfarm.com.

Faythe transfers the cheese curds to molds.



Out From the Shadows

During a Sunday evening drive along the Blue Ridge Parkway, we stopped to enjoy the sunset behind the observation tower at the Groundhog Mountain Picnic Area. The Parkway is full of photogenic scenes like this.

Steve Reese, Cornelius, a member of EnergyUnited

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2016 photo contest ("Carolina Country Scenes," February 2016). See even more at the Photo of the Week on our website **carolinacountry.com**.

CAROLINA COUNTRY SCENES photo contest

Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay $50 for each one that we publish in our Carolina Country Scenes gallery in the January 2017 magazine. Judges will select more for our "Photo of the Month" feature and we'll pay $50 for those.

RULES:

Deadline: November 15, 2016.

One entry per household.

Digital photos should be a minimum of 1200 by 1800 pixels. Prints a minimum of 4 x 6 inches.

Include your name, electric co-op, mailing address and e-mail address or phone number.

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

We retain reprint rights.

We will post on our websites more entries than we publish, but can't pay for those submissions.

SEND TO:

Online: carolinacountry.com/photocontest

Mail: Carolina Country Photo Contest
3400 Sumner Blvd.
Raleigh, NC 27616

Harvest Decor

Craft projects celebrate autumn indoors

Warm up your home for the season by putting a personal touch on your home's decor. These craft projects highlight the best of fall: Copper detail, animal icons and pumpkins of every color.

Create a seasonal tablescape or mantel decoration with these homemade lanterns. They lend a coppery sheen to complement the seasonal hues of the pumpkins and gourds. Place them atop a swatch of soft plaid for a multi-textured look.

For a unique outdoorsy look, piece together a birch wreath using natural supplies such as twig stems, cattail stems and foliage.

You can find more harvest home decor ideas at joann.com.

The lanterns can serve as a centerpiece for a table or update a fireplace mantel.

Harvest Fall Lanterns

Skill level: Beginner
Crafting time: 3–5 hours

Supplies and tools:

- At least 6 decorative pumpkins and 6 gourds
- 1 bottle (2 fluid ounces) cloud white paint
- Decorative leaves and berries
- Black sponge paint brush
- 2 metal and glass lanterns
- Hot glue gun

Select two pumpkins to paint white. Paint them and let dry.

Choose multiple-sized pumpkins and gourds and attach them to the inside bottom of each lantern with hot glue to begin building a design. Add more pumpkins and gourds, and glue them to each other.

Insert leaves and berries to accent and fill in any empty spaces.

Natural materials are soothing and enhance the look of this wreath

Birch Wreath

Skill level: Beginner
Crafting time: 1–2 hours

Supplies and tools:

- Burlap garland
- Dark brown raffia
- Florist wire (22- or 24-gauge)
- Burlap-wrapped wreath
- Hot glue gun and glue sticks
- Wire cutters
- Beige twig stems
- Brown floral tape
- 2 pinecone pick stems
- 2 onion grass cattail stems
- 5 fall leaf foliage
- 5 bags medium birch rounds

Craft the bow out of burlap garland and dark brown raffia. Wrap the wire around the middle of the bow and poke it into burlap wreath in desired location. Secure with hot glue.

With wire cutters, cut twigs to length and tape together with brown floral tape. Add the pinecone stems to twigs, and tape them together with floral tape.

Wrap the twig and pinecone stems with wire and poke the wire into wreath under bow, securing with hot glue.

Add the cattails and fall foliage to accent. Attach to the wreath in desired locations with hot glue.

Cover the remainder of the wreath with birch rounds using hot glue.

—FamilyFeatures.com

Treats for Everyone

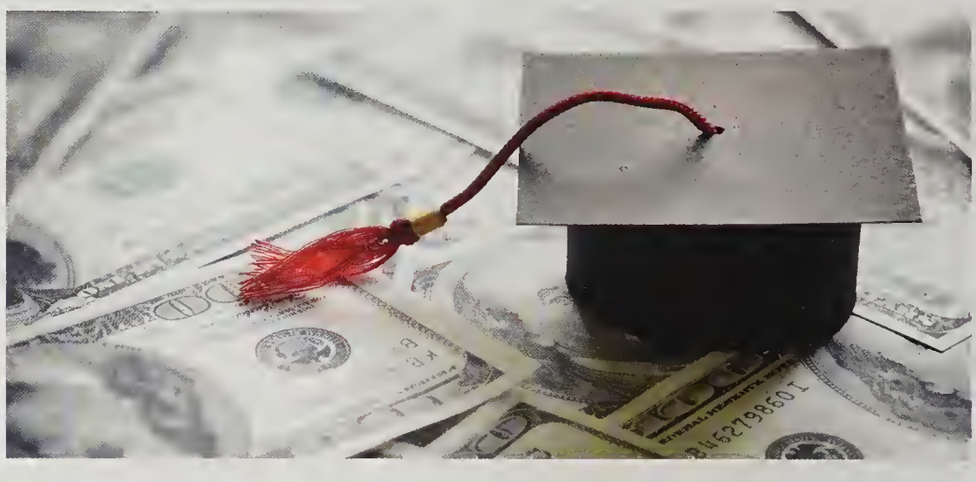
This Halloween, have some non-food treats on hand as an option for children with food allergies. Let them know your house is food-allergy friendly by painting a pumpkin teal and putting it outside. For more information about the Teal Pumpkin Project, including printable signs, visit foodallergy.org.

Education and Your Money

Understanding college loan options

By Allison Goldberg

The cost of college tuition rises every year. Between 1995 and 2015, the average tuition and fees at private national universities jumped 179 percent, out-of-state tuition and fees at public universities rose 226 percent and in-state tuition and fees at public national universities increased a staggering 296 percent, according to "U.S. News and World Report."



About 70 percent of students require additional money to attend college. Here are loan options for the 2016–2017 school year.

Federal Perkins Loans

Need-based

Current interest rate: 5 percent (fixed)

These are low-interest loans awarded by a college or university to undergraduate, graduate and professional students with the greatest financial need. The school is the lender; not all schools participate. Payments begin nine months after graduation, leaving school or dropping below half-time status. The maximum a student can borrow as an undergraduate is $5,500 a year, or $27,500 total. This total can increase to $60,000, including graduate studies.

Federal Direct Subsidized Loans

Need-based

Current interest rate: 3.76 percent (fixed)

These loans are often called subsidized Stafford Loans. The U.S. Department of Education pays the interest while the student remains in school (at least half-time), for the first six months after the student leaves school, and if accepted, during deferment. Students are eligible if they attend a four-year college or university, community college, or trade, career or technical school. A student can borrow no more than the amount of school-determined financial need up to $3,500 freshman year, up to $4,500 for sophomore year and up to $5,500 each for junior and senior years.

Federal Direct Unsubsidized Loans

Non need-based

Current interest rates:
3.76 percent (fixed, undergraduate),
5.31 percent (fixed, graduate)

Often called unsubsidized Stafford Loans, with these loans the student is responsible for paying the interest during all periods, but can defer interest while in school and during grace periods, deferment or forbearance periods. The decision to defer paying interest will result in a higher loan balance. Students can borrow more money with these loans than with the Federal Direct Subsidized Loans.

Federal Direct PLUS Loans

Non need-based

Current interest rate: 6.31 percent (fixed)

These loans allow parents, graduate students and professional students enrolled at least half-time to borrow the entire cost of attending college, less other financial aid received. If you are a parent borrower, you'll generally be expected to start making payments once your loan is fully paid out. However, you may request a deferment while your child is enrolled at least half-time and for an additional six months after your child graduates, leaves school or drops below half-time enrollment. A good credit history is required.

Private and State Loans

These loans from banks, colleges, state agencies and other private entities often require a good credit history and have higher interest rates. They generally offer fewer options, such as deferment or forbearance and income-driven repayment plans, than federal loans.

Allison Goldberg writes and edits for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's electric cooperatives.

Local Resource

The College Foundation of North Carolina (CFNC) is a free service of the state that helps students plan, apply and pay for college. To learn more, call 866-866-2362 (CFNC) or visit cfnc.org.

Energy Vampires

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DISHWASHER

LAMP

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Answer key:
Cell phone charger, Laptop charger, Cable box

Balanced Breakfasts

Healthy recipes to start your day off right

We all know that the best way to start the morning is with a balanced breakfast. Breakfast is linked to many health benefits, including weight control and improved performance. Studies show that eating a healthy breakfast can help you enjoy improved concentration, more strength and endurance and reduced cholesterol levels.

A healthy breakfast should contain a variety of foods from the major food groups, including fruits, vegetables, whole grains, low- or non-fat dairy and lean protein, according to the USDA's MyPlate Food Guide.

These recipes from registered dietitian Shanna Stewart, host of the website Wellness for the Win, can help you start the day off right. Additional recipes are available at culinary.net.

Hearty pancakes can keep you feeling full.

Protein Pancakes

Packed with protein and topped with walnuts, these pancakes can help give you energy and keep you feeling full.

- 1½ cups quick whole-grain oats
- 1 scoop vanilla protein powder
- 1 ripe mashed banana
- ½ cup fat free Greek yogurt or cottage cheese
- ¼ cup almond or skim milk
- 2 egg whites
- ½ teaspoon vanilla
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- Dash of cinnamon
- Berries of your choice (optional)
- Walnuts (optional)

In blender, combine oats, protein powder, banana, Greek yogurt, or cottage cheese, milk, egg whites, vanilla, baking powder, baking soda and cinnamon. Blend until smooth batter forms.

Cook on griddle until golden brown.

Add berries and walnuts as desired.

Serving suggestion: Pour the juice from the fruit on top of pancakes as "syrup," or top with reduced-sugar strawberry jelly.

Muffins work well for morning meals or snacks.

Oat Bran Blueberry Muffins

Great for when you are busy or traveling, homemade muffins are an alternative to large, store-bought muffins that are usually packed with calories and fat. Oat bran, a good source of soluble fiber, can help reduce cholesterol.

- 2 cups oat bran hot cereal, uncooked
- 2 tablespoons brown sugar substitute
- 2 teaspoons baking powder
- ½ teaspoon salt (optional)
- 1 cup skim milk
- 2 egg whites, slightly beaten
- ¼ cup honey or molasses
- 2 tablespoons canola oil
- ½ cup fresh or frozen blueberries

Preheat oven to 425 degrees.

Line 12 muffin cups with paper baking cups or spray bottoms only with non-stick cooking spray.

In bowl, combine oat bran cereal, brown sugar substitute, baking powder and salt, if desired; mix well.

Add milk, egg whites, honey or molasses, oil and blueberries; mix just until dry ingredients are moistened. Do not over-mix.

Fill prepared muffin cups about three-quarters full.

Bake 15–17 minutes, or until golden brown.

Variation: Instead of blueberries, stir 1 mashed ripe banana or another fruit of your choice into the batter before baking.

—FamilyFeatures.com

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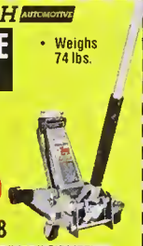

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Calling all Jedi!

The North Carolina Symphony will be featuring the music of "Star Wars" Friday through Sunday, Oct. 28–30. Kids can dress as their favorite hero or villain to enter a costume contest, and other family friendly activities include face painting and the Instrument Zoo. The event, part of the Young People's Concert series for families and children ages 4–12, will be held at Meymandi Concert Hall in Raleigh. All tickets are $25. Upcoming youth concerts in 2017 are "Gershwin's Magic Keys" in February and "An Afternoon of Dr. Seuss" in May. 877-627-6724 or ncsymphony.org

View from Huckleberry Knob on Cherohala Skyway

Do You Know...

why autumn leaves change color? The way plants turn water and carbon dioxide into oxygen and sugar is called photosynthesis. A chemical called chlorophyll gives leaves their green color and helps make photosynthesis happen. In the fall, the summer-loving dominant chlorophyll disappears from the leaves, and reds (anthoscyanins) and yellows and oranges (carotenoids) emerge.

Awesome Leaf Peepin'

For sweeping views this October, consider a drive along the Cherohala Skyway and Blue Ridge Parkway. Great hiking sites to enjoy fall foliage include Mount Mitchell State Park near Burnsville, West Jefferson State Natural Area, Uwharrie National Forest near Troy and Dismal Swamp State Park near South Mills.

tar heel lessons

a guide to NC for teachers and students

Apple Tree Cuttings Help African, Asian Farmers

Heirloom apple varieties at Horne Creek Living Historical Farm in Pinnacle are making a difference in Africa and Asia. Cuttings from its heritage orchard's trees have been grafted onto rootstock and planted across the two continents.

The trees provide farmers with a means of growing sustainably produced fruit and they bring economic growth to the poorer and often war-torn regions. Farms in Tanzania, Kenya and the Democratic Republic of Congo are among many that are learning how to grow these apples.

According to California nurseryman Kevin Hauser, who discovered the varieties, the trees tolerate a variety of soils, need little watering and are immune to tropic diseases that plague other crops, like bananas and mangos. Red apples are a rare sight in African markets and a large one will stop traffic at its markets.

The heritage orchard at Horne Creek Living Historical Farm has 400 varieties of old-time southern apples.

The Hunge is among many varieties grown in Horne Creek Living Historical Farm's southern heritage apple orchard.

Horne Creek's site includes the former Hauser family's restored farmhouse, a tobacco curing barn, adjacent fields under cultivation, animals from vanishing breeds, a visitors center and walking trails. Guided group tours are scheduled in advance. No admission fees except for events sponsored by Horne Creek Farm's support group (nominal fees). Donations accepted.

More than 50 activities are planned for its 25th annual Corn Shucking Festival, set for Saturday, Oct. 15. 336-325-2298 or nchistoricsites.org/horne

Family's restored farmhouse at Horne Creek Living Historical Farm

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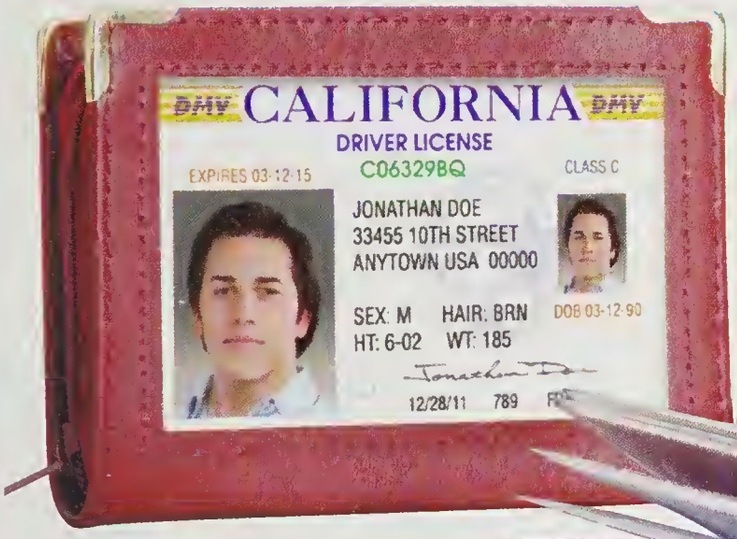

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Remember...

An old tobacco barn in western Hoke County.

The Barns of Childhood

Fortunate is the child who has the opportunity to play in barns; there are stalls to explore, hay lofts to hide in, and board fences to walk on. I have many remembrances of the barns of my childhood.

My family lived in a barn one summer while our new house was being built. Seven of us and a houseful of furniture were crammed into a cavernous room that smelled like hay. That time of togetherness created a family bond that was never broken.

In a smaller barn Mother nailed boxes to the wall for the chicken nests. It was my job to gather eggs, but I couldn't see inside the boxes. I'd feel over the edge for the eggs. Have you ever unwittingly put your hand on the cold, scaly skin of a chicken snake?

Grandfather's huge barn held his crops. My cousins and I sampled raw peanuts as we shelled them for brittle. Nature repaid our gluttony, and we all rushed to the outhouse at once.

When I was small, I heard my outspoken father say, "They will nail my hide to the barn wall one of these days." I took that remark literally and checked to see if his "hide" was among the drying deerskins affixed to the barn's exterior.

Patricia Wilson, Raeford, a member of Lumbee River EMC

'Victory'

When I was about 4 or 5 years old, during WWII, we lived in Stamford, Connecticut, then still very rural. My dad brought home a Dalmatian puppy and named him Vic, short for Victory, and for the vee spots on his forehead.

My dad, a civil engineer, cleared and planted a huge victory garden of vegetables, and even though the neighbors said nothing would grow, fed the whole neighborhood.

Vic, though never trained, always got between me and any stranger coming up our drive. He was my guardian.

One night Vic got into a fight with a skunk, who squirted Vic's eyes. By the time my parents realized what had happened, Vic had gone blind.

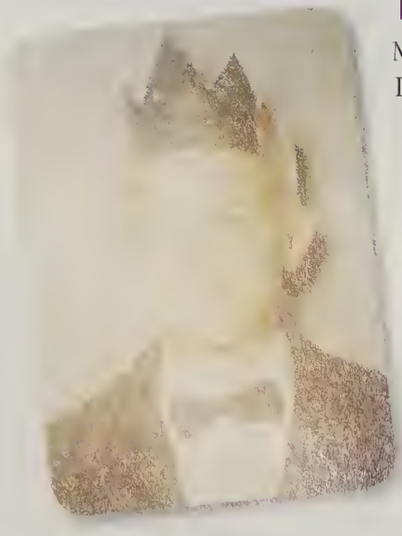
We moved to the city, to be closer to doctors, as my mother was fighting cancer. Vic couldn't handle the noise and the traffic. Dad found him a home on a farm in the country where he flourished.

Many years later Dad told me that when he went back to the farm a year or so later to check out Vic, Vic "recognized" him and went crazy. He thought Dad had come back to take him home.

Dad said to me, "If you ever have to find a new home for your dog, don't ever go back."

That story, that I'd never known, broke my heart, as I'm sure it did his as well; but I never forgot his advice.

Lynn Jacquet, Southport, a member of Brunswick EMC



The Halloween King

My cousin Kenny Hough served as the 1956 Halloween King of the Halloween Carnival held at Lilesville School in Anson County. The carnival served as a large fundraiser to raise money for books.

I remember a penny a vote, and the one with the most votes would be the king or queen of the carnival. Kenny's best friend was voted as queen. Anyone running for king or queen had a campaign scout gathering pennies from others at the carnival.

The games played at the carnival were pennies in a jar; a 10-cent fishing game where you would win a 5-cent prize; throwing jar rings around drink bottles; a dart game; and shooting stopper guns at targets hung from a clothesline. A cake walk, door prizes and a live turkey were donated and given away. The carnival also had loud music on stage.

These carnivals were held at many of the Anson County schools during a time when candy and gum cost just 5 cents in the 1950s.

I wonder how many people will see Kenny's photo and remember that fun night at the Halloween Carnival ...

Dorothy Steele, Lilesville, a member of Pee Dee Electric

Grandmother's Speedway

I remember a Care Bear three-wheeler with one big blue wheel in the front and two small blue wheels in the back. I believed that when my grandmother Elinor would push me down her dirt road I could go anywhere. She put a broom handle in the hole in the back of the three-wheeler to push me down the road. Then she would tell me to pedal as fast as I could while she ran behind me trying to keep up. I remember that I would feel like a racecar driver on a speedway passing every car in my way because I was the best.

My grandma would not just push me down the road for any reason though. We were going to visit her friend and neighbor, Cecil. I would beg her to take me because I got to be a racecar driver going there and when I got there, Cecil would always give me a cold refreshing Sprite and Ritz crackers. Cecil, my grandmother and I would sit on her porch and listen to the creek run, be glad when a breeze would blow to cool us off, and have the most fun that three girls could possibly have on a warm summer day.

All the way back to my grandmother's house, my grandmother would yell "Erica LeAnn slow down. You are getting way too far ahead of me!" But I would laugh and pedal that much harder. This is my earliest and most special childhood memory because I shared it with such a special person who was my best friend throughout my life, until she passed away with cancer. I cherish the 21 years of my life spent with her.

But cancer will never take away this wonderful memory that I will hold in my heart forever. I now live on that same road that was my magical speedway. Sometimes as I drive up and down the road I still hear her calling, and I know I had the most wonderful grandmother in the world and will treasure those memories forever.

Erica Roten, Lansing, a member of Blue Ridge Electric

Suppertime at Mama's

I grew up in the early 1950s when mothers never gave a thought to saturated fat or cholesterol. Living well and eating right meant cleaning your plate. A mother's main concern was good taste.

Mama Thel was among those Southern cooks who understood that to prepare good food, quality ingredients (fresh butter and eggs, whole milk) were a must. No, the meals were probably not the best for the body, but they definitely fed the soul and put smiles on family and kin.

Each evening mother dished up a scrumptious meal prepared with fresh vegetables, meat raised and slaughtered on the farm, eggs for the barnyard chickens, and milk products from our own Jersey cow. Nearly every supper included Irish potatoes smashed with fresh buttermilk for a bit of tartness and a hunk of home-churned butter crowning the pile. Hot buttermilk biscuits, fork split with a generous chunk of butter adorned each plate. No meal was complete without gravy cascading the potatoes and sopped up by biscuits. I have yet to find a dessert comparable to buttermilk pie, signature dessert of the South. That sweet vanilla aroma forever embedded in memory. The caramelized top with creamy custard center, crème brûlée's cousin in a pie shell!

Each evening meal was an event that strengthened family bonds as we passed dishes, teased, joked, shared problems and made plans. Passing of time cannot erase such cherished memories of family togetherness around the supper table.

Gale Boulware, Arapahoe, a member of Tideland EMC

SEND US YOUR *Memories*

Guidelines:

- We'll pay $50 for those we publish in the magazine.
- Approximately 200 words.
- Digital photos must be at least 600kb or 1200 by 800 pixels.
- Only one entry per household per month.
- Send a self-addressed, stamped envelope if you want yours returned.
- We retain reprint rights.
- Include your name, mailing address and the name of your electric cooperative. Also, your phone number or email address in case of questions.
- **Online:** carolinacountry.com/contact
  Email ("Memories" in subject line.): iremember@carolinacountry.com
  Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

October Events

Halloween Festival
Oct. 29, Blowing Rock

Mountains

Foothills Folk Art Festival
Oct. 1, Newton
828-695-4360
foothillsfolkartfestival.com

Colorfest
40 demonstrating artists
Oct. 1, Dillsboro
828-743-8428
visitcashiersvalley.com

Leaf Festival
More than 100 artisans, merchants
Oct. 7–9, Cashiers
828-743-8428
visitcashiersvalley.com

Mountain Glory Festival
Arts, entertainment
Oct. 8, Marion
828-652-2215
mountainoryfestival.com

Festival of the Frescoes
Parish bakery, crafts
Oct. 8, West Jefferson
336-982-3076
phs.diocesewnc.org

Art in the Park
Oct. 8, Blowing Rock
828-295-7851
blowingrock.com

Heritage Festival
Oct. 9, Boone
828-264-2120
boonehertitagefestival.com

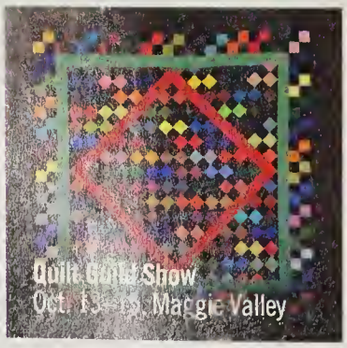
Quilt Guild Show
Vendors, more than 100 quilts
Oct. 13–15, Maggie Valley
828-246-0557
highcountryquilt@att.net

Wood Turning & Surface Design
Demos by artists
Oct. 15, Asheville
828-253-7651
grovewood.com

Weaving Demonstration
Oct. 15, Asheville
828-253-7651
grovewood.com

Country Fair
Chili, mountain music
Oct. 15, Valle Crucis
828-963-4609
vallecountryfair.org

Oktoberfest
German feast, dancing
Oct. 15, Mills River
828-681-5300
sierranevada.com



Quilt Guild Show
Oct. 13–15, Maggie Valley

Home Tour
Self-guided, Yancey County
Oct. 15, Burnsville
828-766-1233
maylandfoundation.org

Crafters Festival
Oct. 15–16, Murphy
828-837-1146
cherokeecountychamber.com

Wildlife Drawing & Painting
Demonstration
Oct. 22, Asheville
828-253-7651
grovewood.com

Mountain Pilgrimage
BBQ, wine, entertainment
Oct. 22, Hendersonville
828-685-2402
burntshirtvineyards.com

Halloween Festival
Oct. 29, Blowing Rock
828-295-5222
blowingrock.com

ONGOING

Mixing It Up Exhibition
Interaction of mixed media
Oct. 2–Nov. 11, Valdese
828-879-2129
visitvaldese.com

Craft Show
Artful items, baked goods
Oct. 8–15, Waynesville
828-456-3243

Piedmont

Hoptoberfest
Wing contest, craft beer
Oct. 1, Rockingham
910-895-9058
hoptoberfestnc.eventsmart.com

Human Foosball Tournament
Table-top game comes to life
Oct. 1, Fayetteville
910-643-2774
asomf.org

Seafood Festival
Oct. 1, Henrico
252-586-3160
bit.ly/LakeGastonSeafoodFest

Carolina's Best
Gospel singing competition
Oct. 6, Fayetteville
910-438-4100
crowncomplexnc.com

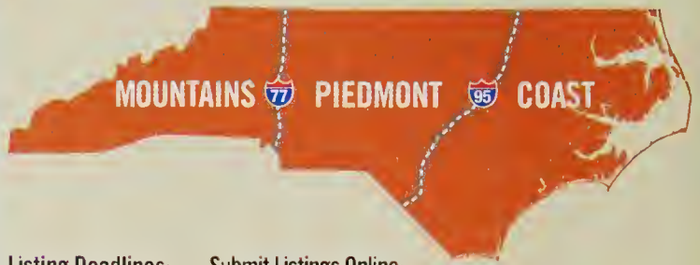
Kirk Franklin & Donnie McClurkin
Gospel, hip-hop, pop
Oct. 6–8, Fayetteville
910-438-4100
crowncomplexnc.com

Balsam Range
Country/gospel/old-time band
Oct. 7, Roxboro
336-597-1709
piedmontcc.edu

Symphony Jazz & Wine Fest
Oct. 7, Fayetteville
910-433-4690
fayettevillesymphony.org

Carolina Compass Policy

- We list events in the magazine as space allows and may edit as needed. We list more events on carolinacountry.com in the Carolina Adventures section.
- All submissions must be made on carolinacountry.com in Carolina Adventures/Submit an Event. Deadlines are posted there, too. ***(No email or U.S. Mail.)***
- Public venue events only. *(No business-hosted events.)*
- Limit 3 events per venue per month in the magazine. More posted online.
- For accuracy, ongoing events must be submitted monthly.
- Public contact required: website, email or phone number.



Listing Deadlines:
For Nov.: Sept. 25
For Dec.: Oct. 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website.

Carolina BalloonFest, Oct. 21–23, Statesville
The Carolina BalloonFest proudly hosts the longest running hot air balloon festival in the U.S. Nearly 30,000 people attend the three-day festival to experience more than 50 hot air balloons, live music, local wines, craft beer and fun, family-friendly activities. EnergyUnited Propane is among the festival's sponsors.

Oktoberfest
Polkas, carnival games
Oct. 7–9, Hickory
828-322-1121
hickoryoktoberfest.com

Feminine & Fierce
Self-protection, defense
Oct. 8, Fayetteville
910-723-3899
feminineandfierce.net

Historic Homes Tour
Oct. 8–9, Salisbury
704-636-0103
octobertour.com

Taste of Fayetteville
Oct. 9, Fayetteville
910-864-5222
Find it on Facebook

Disney Live!
Mickey, other characters
Oct. 9, Fayetteville
910-438-4100
crowncomplexnc.com

Indigo Moon Film Festival
First-timers filmmakers to pros
Oct. 7–9, Fayetteville
910-486-9036
indigomoonfilmfestival.com

Harvest Festival
Six wineries within 5 miles
Oct. 8–9, Hamptonville
swancreekvineyards.com

Walk for Hope
Oct. 9, Raleigh
919-781-9255
walkforhope.com

International Festival of Raleigh
Multicultural art, food and dance
Oct. 14–16, Raleigh
919-782-0552
internationalfestival.org

Ole Mill Days
Oct. 14–15, Fayetteville
910-426-4109
townofhopemills.com

Pig Cook-Off
Inflatable carnival
Oct. 14–15, Vander
910-483-2858
Find it on Facebook

Grape Festival
Wine tastings, entertainment
Oct. 15, Yadkinville
336-679-2200
yvgf.com

A Night of Champions
Racing action
Oct. 15, Fayetteville
910-624-0579
fayettevillemotorspeedway.com

Indigo Moon Film Festival
Oct. 7–9, Fayetteville

ComicCon
Actors, gaming tournaments
Oct. 15–16, Fayetteville
910-316-7251
fayettevillecomiccon.com

Carolina BalloonFest
50 plus hot air balloons
Oct. 21–23, Statesville
704-818-3307
carolinaballoonfest.com

KNOW BEFORE YOU GO
In case something changes after Carolina Country goes to press, check information from the contact listed.

Persimmon Festival
Demos, crafts
Oct. 22, Colfax
336-682-5328
colfaxpersimmonfest.com

BeagleFest
Games, raffles
Oct. 22, Durham
316-946-7485
tribeagles.org

Fall for the Arts
Fine crafts at Lake Gaston
Oct. 22, Littleton
252-586-5711
osail.org

Barbecue Festival
More than 300 exhibitors
Oct. 22, Lexington
336-956-1880
barbecuefestival.com

Dogwood Fall Festival
Haunted house
Oct. 27–29, Fayetteville
910-323-1934
faydogwoodfestival.com

Handmade in America
Biannual quilt show
Oct. 28–29, Mooresville
704-724-9667
carolsews8@gmail.com

Poe House Trick-or-Treat
Oct. 29, Fayetteville
910-486-1330
ncdcr.gov

Heritage and Heroes
Honoring veterans
Oct. 29, Eastover
910-483-6725
eastovercivicclub.com

Celebration Concert
Oct. 29, Fayetteville
910-630-7153
singwithcos.org

ONGOING

Alpha Romeo Tango
Art by military members
Through Oct. 26, Fayetteville
910-433-2986
capefearstudios.com

Nature Connects Art
500,000 Lego® Bricks
Through Jan. 8, Fayetteville
910-486-0221
capefearbg.com

Art Show & Reception
Amy Levine & Jamie Harris photography
Oct. 1–31, Roxboro
336-597-1709
piedmontcc.edu

Art Show
By Brush & Palette Club
Oct. 22–29, Sanford
919-343-2294
sanfordbpc.org

Artist Guild Show
Oct. 24–Nov. 13, Hillsborough
919-732-5001
hillsboroughgallery.com

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Oct. 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our November issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

September winner

The September Where is This photo was taken by Vern Zellers, a member of EnergyUnited. The barn surrounded by a field of blooming sunflowers is located on 8096 Belews Creek Road, in Forsyth County, near Walnut Cove, in Stokes County. It's about one-quarter-mile west of the Highway 65 West and Belews Creek Road intersection. Many members commented that the field boasts these beautiful sunflowers every year and all enjoy the late summer scenery. The winning entry chosen at random from all the correct submissions came from EnergyUnited member Susan Buckner of Belews Creek.

Coast

Arts on the Perquimans
100 artists, craftsmen
Oct. 1, Hertford
252-426-3041
perquimansarts.org

The Malpass Brothers
Oct. 7, Oriental
252-617-2125
pamlicomusic.org

Poultry Jubilee
Parade, pageant
Oct. 7–8, Rose Hill
910-463-8448
ncpoultryjubilee.com

Maple Hill Fall Festival
Parade, exhibits, music
Oct. 15, Maple Hill
910-259-4446

Classic Car Show
Oct. 15, Oriental
252-249-0228
sam@orientalboatshow.com

Harvest Day Celebration
Old-time demos, farm equipment
Oct. 15, Valhalla (near Edenton)
252-333-6009

Oyster Festival
Oct. 15–16, Ocean Isle Beach
910-754-6644
ncbrunswick.com

Smoke on the Water
Pig, chili cook-off
Oct. 21, Washington
252-944-6136
smokeonthewater.info

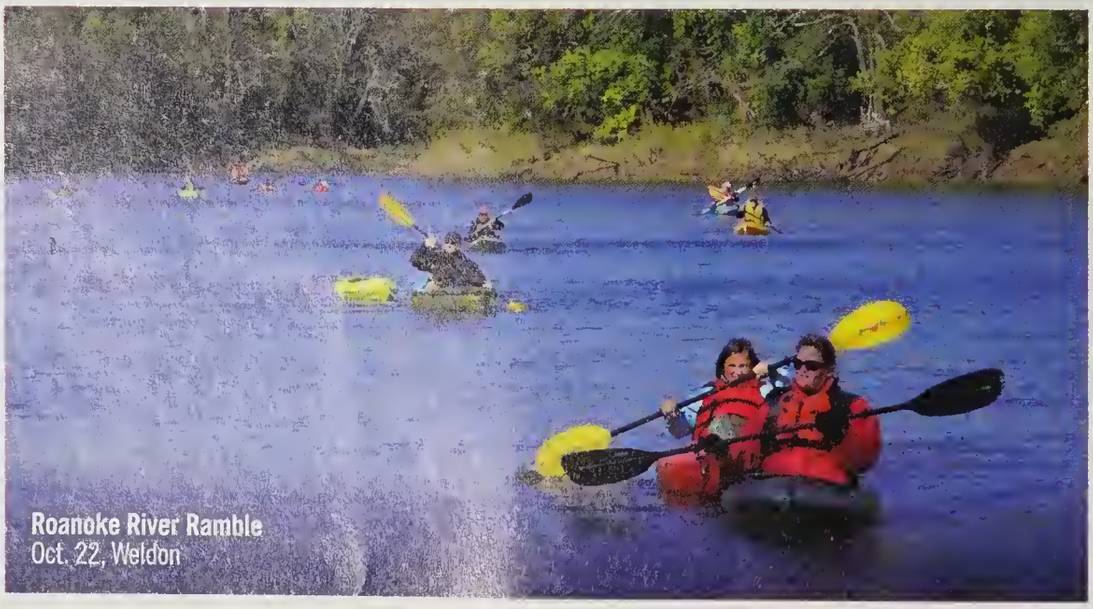
Bee by the River
Quilt show
Oct. 21–22, New Bern
252-288-4615
twinriversquiltersguild.com

Roanoke River Ramble
9-mile flat water paddle
Oct. 22, Weldon
252-365-2011
historicweldonnc.com

Dinner & Auction
Humane Society
Oct. 22, Washington
252-946-1591
willowdaw@aol.com

Albemarle Craftsman's Fair
Oct. 28–31, Elizabeth City
252-338-3954
albemarlecraftsmansfair.com

Festival by the Sea
Oct. 29–30, Holden Beach
910-842-3828
ncbrunswick.com



ONGOING

Corn Maze & Pumpkin Patch
Through Oct. 30, Newport
252-241-1184
Find it on Facebook

Sampling Amish Wares in Yadkin Valley

By Leah Chester-Davis

The fertile farmland in the Swan Creek area of the state's Yadkin Valley provides some of the prettiest scenery the state has to offer. A doable day trip from many areas of the state (only one-and-a-half hours from Charlotte, 30 minutes from Winston-Salem and two hours from Raleigh) you'll find numerous wineries that make up the state's first American Viticultural Area. It is also home to North Carolina's Amish community, in the area around Hamptonville.

Shiloh General Store is a popular draw, owned by EnergyUnited members Phil and Margaret Graber, one of the community's 30 Amish families. According to Phil, people often stop by when headed to the mountains. For others, it has become a destination.

Rows and rows of beautiful jarred canned goods, bulk flour and other baking products, spices, snacks and cutlery line the shelves. The Dutch Kettle jams and jellies are made locally by an Amish family. Other canned goods are shipped in from an Amish community in Millersburg, Ohio. Graber calls them "home-style."

"We use the old recipes. They taste different from commercial products," Graber explains.

The store offers a selection of baked goods and sandwiches. One of the specialties is sourdough bread, which is baked on the premises.

The store has picnic tables and other seating out front—a perfect place to unwind and, if you're lucky, spot a horse and buggy clippety-clopping down the road.

Another nearby Amish store showcases beautiful, handcrafted Amish furniture. About a half mile from the Shiloh General Store is Home Acres Fine Furniture. The store, owned by EnergyUnited members Marvin and Mary Miller, is in a beautiful, two-story, white clapboard farmhouse dating back to 1910, a nice environment to browse the showrooms and arrange for custom-made furniture.

Wholesome Country Creamery, also an EnergyUnited member, is the place to stop for rich, creamy ice cream, yogurt, milk and kefir that is produced on the premises from John Hostetler's grass-fed, non-GMO dairy. The small, on-farm shop also sells pork produced on the farm.

A couple of miles further is Shady Hollow Greenhouse, owned by Simon and Lillian Swartzentruber, which offers a selection of beautiful mums and pansies in the fall, and a large variety of bedding plants and vegetables in the spring.

Leah Chester-Davis loves to explore North Carolina. Her business, Chester-Davis Communications (chester-davis.com), specializes in food, farm, gardening and lifestyle brands and organizations.

KNOW BEFORE YOU GO

Shiloh General Store
Tues–Fri 9–5 | Sat 9–4 | Closed Sun, Mon
5520 St. Paul Church Rd, Hamptonville
336-468-4789
Find it on Facebook

Home Acres Fine Furniture
Mon–Sat 9:30–4:30 | Closed Sun
6224 Windsor Rd, Hamptonville
336-468-1744
homeacresfinefurniture.com

Wholesome Country Creamery
Mon–Sat 8–6 | Closed Sun
6400 Windsor Rd, Hamptonville.
336-468-1520

Shady Hollow Greenhouse
Mon–Fri 8:30–5:30 | Sat 8:30–4:30
Closed Sun
528 Somers School Rd, Hamptonville
336-468-2874
Find it on Facebook

By Pat Keegan and Amy Wheeless

Spray foam insulation can seal small air leaks in the attic.

Boosting Efficiency and Comfort

Is your attic haunted by lack of insulation?

Sealing and insulating your home to efficient levels can cut your heating and cooling costs by an average of 15 percent (sometimes much more), and make you more comfortable in your home.

Your attic is one of the first places to consider insulating because it is usually accessible and easy to inspect for air leaks and insulation levels. Insulation standards for new homes increased in 2012, and many homes built before then do not have the current recommended amount of attic insulation.

Insulation is graded by its "R-value"—the higher the R-value, the greater the insulating power. It depends on your home's exact climate but for most southern climates, your attic should have a minimum grade of R-38, or about 13–14 inches of insulation. For northern climates, R-49 is the minimum recommendation, or about 16–18 inches of insulation.

Assessing need

As a general rule, if you can see the ceiling joists on the attic floor there is not enough insulation. Hiring a trained energy auditor is the best way to diagnose shortcomings with insulation. Check with your electric co-op to see if it offers energy audits or can refer you to a local energy auditor. Your co-op may also have information on rebates for adding attic insulation.

If you have determined that you need more attic insulation, assess your attic's electric wiring. Are any wires visibly worn or degrading? Do you have knob and tube wiring? In either case, you will likely need to replace the wiring before proceeding.

Special considerations

If a "DIY" project interests you, you'll need to do your homework. Installing insulation is messy, potentially dangerous and requires special equipment. Fortunately, there are many experienced insulation contractors you can hire.

Be sure that you or your contractor seals any air leaks, such as around furnace flues and around any exposed air ducts in the attic. Air leaks can bring warm, moist air from your home into the attic, which can reduce insulation value and create mold. Also:

- Pay particular attention to your attic door or hatch. This entry point is a significant contributor to heat loss and heat gain.
- Make sure there is sufficient ventilation in the attic. Warmth and moisture can build up in an improperly ventilated attic, which can lead to roof problems.

It is usually not necessary to remove existing insulation unless it is wet, moldy or contains animal waste.

Types and material

There are two types of insulation for your attic floor: Batt/roll or blown-in/loose fill. Blown-in insulation requires special equipment to install, but it fills the space better than batt insulation, which can leave gaps and voids without careful cutting and placement around ceiling joists, vents and other attic impediments.

Insulation is most commonly made from fiberglass, cellulose or mineral wool. Many energy advisors recommend blown-in cellulose insulation due to its superior coverage, high R-value and air sealing abilities. Blown-in cellulose insulation is treated with boric acid, which acts as a fire retardant and insect repellent. Consult with your energy auditor or insulation contractor in choosing the type and material.

This column was co-written by Pat Keegan and Amy Wheeless of Collaborative Efficiency. For more information on sealing and insulating your attic, visit collaborativeefficiency.com/energytips.

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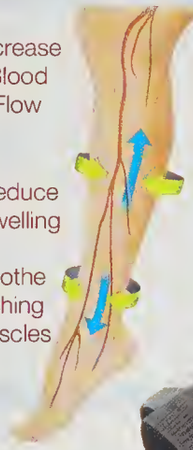
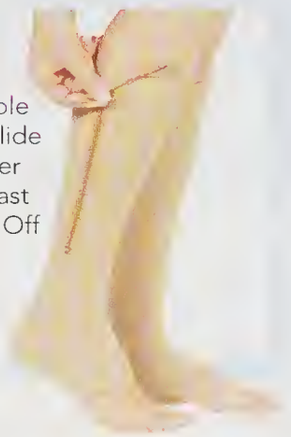


Durable Easy-Slide Zipper For Fast On 'N Off



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By Hannah McKenzie

Waiting for Hot Water

Q: In recent columns you've been talking about ways to conserve hot water. I wait a ridiculous amount of time for hot water to reach my shower each morning. I hate waiting and wasting so much water. What can I do?

A: I, too, lament the gallons of water going down the drain as I wait for hot water each morning. Three technology options come to mind to reduce water usage from your shower. The following range in technology from low-tech to high-tech, as well as no-cost to high-cost:

Low-tech/No-cost:
Capture the initial cool water in a bucket and use it to water plants.

Medium-tech/Low-cost:
Install a water-saving showerhead adapter to temporarily restrict hot water flow once the shower has reached your desired temperature. While this does allow cold water to go down the drain while the water warms up, it also allows you to continue your activity until the desired temperature is reached and you are ready to shower.

High-tech/High-cost:
Invest in a hot water recirculating system that pumps cooled hot water back into the water heater rather than losing it down the drain. Once the shower is turned on, hot water is instantly available.

Because the circulation system is the most expensive option, I want to describe some of the features and benefits to help you in your considerations. There are three basic types of hot water recirculating systems. They all work well, but differ in how much money you pay for energy to operate the system each month.

1 **Pump that continuously circulates hot water.** Hospitals and some high-end homes use recirculating systems that run continuously. Due to the pump running constantly and the heat loss from hot water pipes, these systems have the potential to use more energy and cost more money than what is lost down the drain. The main benefit is never waiting for hot water.

2 **Pump that continuously circulates hot water with a timer.** The second type is basically the same as the first, but has a programmable timer that shuts off the pump when you do not need hot water. Many hotels and medical offices use these systems to reduce the pump energy costs, while still providing instant hot water during convenient times.

3 **Pump on a demand controller.** In homes, an on-demand hot water recirculating system is often a good fit because hot water is delivered only when there is a need. A push button that "calls" for hot water allows you to do other tasks without accidentally letting hot water go unused down the drain. (The D'MAND Kontrols® System or TacoGenie® are examples.)

While hot water recirculating systems save water, these are not likely to save you gobs of money in our water-abundant state or double the life of your well pump. However, in places where water is scarce and often expensive, on-demand recirculating systems in homes are far more common. With the price of these options ranging from $0 to $30 to $500+ (respectively), the increased comfort, convenience and feel-good factor is likely to be higher than any monetary savings.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

For more information about improving hot water distribution

The Alliance for Water Efficiency
bit.ly/EfficientHotWater

Advertisement

Diabetes Healing Secret

by James Victor

Here's important news for anyone with diabetes. A remarkable book is now available that reveals a medically tested method that normalizes blood sugar naturally... and greatly improves the complications associated with diabetes. People report *better vision, more energy, faster healing, regained feeling in their feet,* as well as a reduction of various risk factors associated with other diseases.

It's called *"The Diabetes Code,"* and it was researched and developed based on the latest scientific studies and medical research. It shows you exactly how nature can activate your body's built-in healers once you start eating the right combination of foods. It works for both Type I and Type II diabetes and it can reduce, and in some cases even eliminate, the need to take insulin. It gives diabetics control of their lives and a feeling of satisfaction that comes from having normal blood sugar profiles.

The results speak for themselves. *"The Diabetes Code"* is based on documented scientific principles that can:

- **Eliminate ketones and give you more abundant energy**
- **Make blood sugar levels go from High Risk to Normal**
- **Stimulate scratches and scrapes to heal faster**
- **Improve eyesight**
- **Improve your balance**
- **Help numb feet regain a level of feeling**
- **Reverse neuropathy and resultant heel ulcers**
- **Lower blood pressure, lower cholesterol and reduce triglyceride levels**

TO ORDER A COPY

of *The Diabetes Code* see Savings Coupon with Free Gift Offer

Do Amish People Know Something That Doctors Don't?

by James Victor

If you are concerned about prescription drugs and their side effect... not to mention their spiraling cost... Look at the Amish. They are robust and healthy. Yet they rely on simple, drug-free home remedies and folk medicine for their everyday health problems.

Their philosophy is "What's old is of the good." They claim their folk medicines, handed down from generation to generation, still work today for everything from colds to *kee-gretz* (foot fungus.)

An encyclopedia of their natural health secrets, called *Amish Health Secrets* is now available to the general public. It has hundreds of proven home remedies using simple items you have around your home like vinegar, salt, soda, onions – even olive oil. You'll be amazed at the ordinary spices and herbs the Amish use for their health qualities.

Learn natural Amish folk medicine secrets for common health problems like these:

- **Backache?** This home-made liniment has been used for years to relieve aches and pains.
- **Poor memory?** The Amish swear by this common seed to sharpen the memory.
- **Can't take aspirin?** Discover the natural ingredients that have pain killing properties.
- **Allergies?** Learn how to use nature's antihistamine.
- **Arthritis pain?** An all-natural tonic can give hours of relief.
- **Prostate trouble?** A good dose of this ordinary tea is the Amish secret.
- **Trouble sleeping?** This simple remedy is said to induce a peaceful slumber.
- **Nervous?** Enjoy blissful tranquility without drugs.

Amish Health Secrets also reveals natural health tips for: **constipation, cold sores, menopausal problems, sinus trouble, hemorrhoids, varicose veins, age spots, flu and more.**

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of the *Amish Health Secrets* see Savings Coupon with Free Gift Offer

Vinegar, Better than Prescription Drugs?

by James Victor

If you want to lose weight and keep it off -- hate dieting and are tired of taking pills, buying costly diet foods or gimmick "fast loss" plans that don't work-- *you'll love the easy Vinegar way to lose all the pounds you want to lose. And keep them off!*

Today, the natural Vinegar weight loss plan is a reality after years of research by noted vinegar authority Emily Thacker. Her just published book "Vinegar Anniversary" will help you attain your ideal weight the healthiest and most enjoyable way ever.

You'll never again have to count calories. Or go hungry. Or go to expensive diet salons. Or buy pills, drugs.

You'll eat foods you like and get a trimmer, slimmer figure--free of fat and flab-- as the pounds fade away.

To prove that you can eat great and feel great while losing ugly, unhealthy pounds the natural Vinegar way, you're invited to try the program for up to 3 months on a *"You Must Be Satisfied Trial."*

Let your bathroom scale decide if the plan works for you. You must be satisfied. You never risk one cent. Guaranteed.

What's the secret? Modern research combined with nature's golden elixir.

Since ancient times apple cider vinegar has been used in folk remedies to help control weight and speed-up the metabolism to burn fat. And to also aid overall good health.

Now-- for the first time--Emily has combined the latest scientific findings and all the weight loss benefits of vinegar into a program with lifetime benefits-- to melt away pounds for health and beauty.

If you like food and hate dieting, you'll love losing pounds and inches the Vinegar way.

Suddenly your body will be energized with new vigor and zest as you combine nature's most powerful, nutritional foods with vinegar to trim away pounds while helping the body to heal itself.

You'll feel and look years younger shedding unhealthy pounds that make one look older than their age.

According to her findings, staying trim and fit the Vinegar way also provides preventive health care against the curses of mankind-- cancer, heart disease, diabetes, high cholesterol and blood pressure and other maladies.

In fact, the book's program is so complete that it also helps you:

- Learn secrets of ageless beauty and glowing skin
- Help build the immune system, to fight arthritis and disease
- Speed the metabolism to use natural thermogenesis to burn fat

PLUS so much more that you simply must use the book's easy Vinegar way to lose all the weight you want to lose--and enjoy all its other benefits--before deciding if you want to keep it.

TO ORDER A COPY

of the *Vinegar Anniversary Book* see Savings Coupon with Free Gift Offer

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Savings Coupon

Here's how to get the *Vinegar Anniversary Book*, *The Diabetes Code* and *Amish Health Secrets* on a 90 day money back guarantee. Simply fill out this coupon and mail to:

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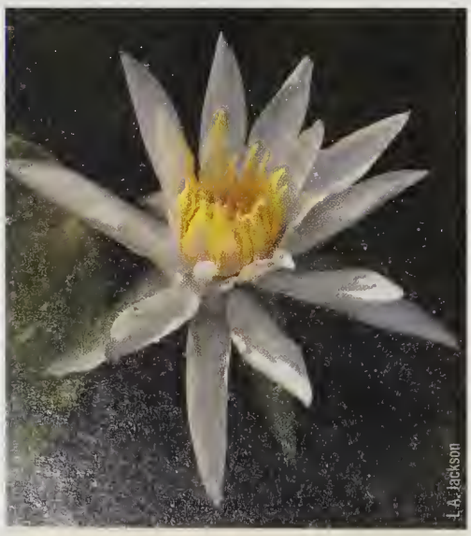
By L.A. Jackson

Spanish Squill performs well in full sun or partial shade.



Tip of the Month

Stop falling leaves from filling the water garden by spreading plastic netting across the surface. DeWitt, Pondmaster and Atlantic are common brands of netting made for water gardens. After autumn's leaf fall, remove the screen, but if you have fish, keep in mind that this barrier is also a good way to help prevent herons, raccoons and other hungry critters from turning the pond into their aquatic dinner table.

The 'Other Bulbs'

Expand your horizons with these uncommon beauties

It is fall bulb planting season, but daffodil, tulip and crocus lovers, listen up. There are other, lesser-known bulbs with equal springtime snap, crackle and pop to consider adding to the garden, such as...

Anemone. Whether you fall for an Anemone blanda cultivar such as Charmer—a deep rose-pink, daisy look-alike—or any of the white, dark pink, red or violet-blue hues of the popular Anemone coronaria De Caen mix, once these beauties flaunt their sassy blooms in the spring garden, it's a good bet they will become permanent pretties in your flower border.

Fritillaria. There is nothing frivolous about fritillaries. They are elegant plants that show off dangling, bell-shaped blooms in a wide range of colors, from the simmering oranges of Aurora and Rubra Maxima to the butter yellow Fritillaria pallidiflora and pale white Alba. Prefer purple? Try the nodding, plum-colored blooms of the tall, stately Fritillaria persica.

Leucojum. Although commonly called "summer snowflakes" in the South, these white, bell-shaped pretties stage their flower shows in the spring on top of 12- to 24-inch stems. Leucojums are best used massed in border beds, or, since they easily naturalize, can be allowed to wander off into open areas or under trees. The tall, stocky Gravetye Giant has been a popular cultivar for many years.

Spanish Squill. Botanically, it's Hyacinthoides hispanica. It is exceptionally pretty—showing off clusters of small, pendulant blue, pink or white bells that drip off 12-inch stems. This beauty performs well in full sun or partial shade. Spanish Squill can also naturalize and spread. The violet-blue blooms of Excelsior make it a choice cultivar for many.

These "other" bulbs shouldn't be hard to find now at local nurseries, but, just in case, two good online sources from this region are Terra Ceia Farms in Pantego (terraceiafarms.com) and the Gloucester, Virginia-based Brent and Becky's Bulbs (brentandbeckysbulbs.com).

Garden To Do's

October

- ☐ It's prime planting time for pansies. Mixing a time-release fertilizer in each planting hole encourages better bloom production through the coldest part of the year, as will deadheading spent blossoms.
- ☐ Also adding a shot of time-released fertilizer to bulb beds at planting time is a good way to provide nutrients for these sleeping beauties through the winter and into the spring flowering season next year.
- ☐ Press and preserve some of the prettiest, brightest autumn leaves that drop in your yard. Sandwiching each leaf between pieces of newspaper before laying them in a large book will improve the preservation process. Allow leaves to dry for at least two weeks and then pluck them from the book as needed for indoor fall or winter arrangements.

November

- ☐ Kentucky bluegrass and fescue lawns will benefit from being fertilized at a rate of one pound of nitrogen per 1,000 square feet of lawn now.
- ☐ Drain the garden hose to prevent hard freeze damage, and store it for the winter.
- ☐ Winters can be tough on local birds, so keep the feeder well supplied with seed and suet. Be sure to change the bird bath water at least once a week.

L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com

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Caramel Apple Cupcakes

- 1 package (18¼ ounces) spice cake mix or 1 package (18 ounces) carrot cake mix
- 2 cups chopped, peeled tart apples
- 20 caramels
- 3 tablespoons 2% milk
- 1 cup finely chopped pecans, toasted
- 12 wooden popsicle sticks

Preheat oven to 350 degrees.

Prepare cake batter according to package directions; fold in apples.

Fill 12 greased or paper-lined jumbo muffin cups three-fourths full. Bake at 350 degrees for 20 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

In a small saucepan, cook the caramels and milk over low heat until smooth. Spread over cupcakes. Sprinkle with pecans. Insert a wooden stick into the center of each cupcake.

Yield: 12 cupcakes

Hot Spiced Cider

- 1 gallon apple cider or apple juice
- 1 cup orange juice
- ¼ cup maple syrup
- ½ teaspoon orange extract
- ½ teaspoon lemon extract
- 4 cinnamon sticks
- 2 teaspoons whole cloves
- 1 teaspoon whole allspice

In a Dutch oven, combine the first five ingredients. Place the cinnamon sticks, cloves and allspice on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag. Add to the pan. Cook uncovered, over medium heat for 10–15 minutes or until flavors are blended (do not boil). Discard spice bag.

Yield: 4½ quarts

If-You-Dare Dip

- 1 package (8 ounces) cream cheese, softened
- 1 teaspoon Italian seasoning
- ¼ teaspoon garlic powder
- 2 cups shredded part-skim mozzarella cheese
- 1 cup shredded cheddar cheese
- ½ cup pizza sauce
- ½ cup finely chopped green pepper
- ½ cup finely chopped sweet red pepper
- Tortilla chips or breadsticks

Preheat oven to 350 degrees.

In a bowl, combine cream cheese, Italian seasoning and garlic powder; spread on the bottom of a greased 9-inch pie plate. Combine cheeses; sprinkle half over the cream cheese layer. Top with the pizza sauce and peppers. Sprinkle with remaining cheeses.

Bake the dip for 20 minutes. Serve warm with tortilla chips or breadsticks.

Yield: About 3½ cups

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From Your Kitchen

Chicken Lasagna

- 1½ pounds cooked chicken, cut up
- 8 ounces spiral noodles
- ½ cup butter
- ½ teaspoon pepper
- ½ teaspoon salt
- 1 teaspoon basil
- ½ cup all-purpose flour
- 4 cups chicken broth
- 1 egg
- 1 carton (16 ounces) cottage cheese
- 2 cups Italian blend cheese
- ¾ cup parmesan cheese

Preheat oven to 350 degrees. Cook chicken and cut into bite size pieces. Cook noodles, drain and set aside. Melt butter in a large sauce pan. Stir in flour, salt, pepper and basil. Cook 1–2 minutes, stirring. Add broth slowly, stirring until smooth. Bring to a boil, reduce heat and simmer 5–8 minutes. Stir cottage cheese and egg together. Mix all ingredients together with 1 cups of Italian cheese. Sprinkle top with remaining Italian cheese and parmesan cheese, which browns nicely. Bake at 350 degrees for 45 minutes to 1 hour.

Recipe courtesy of Ivy Runyan of Denver, a member of Rutherford EMC

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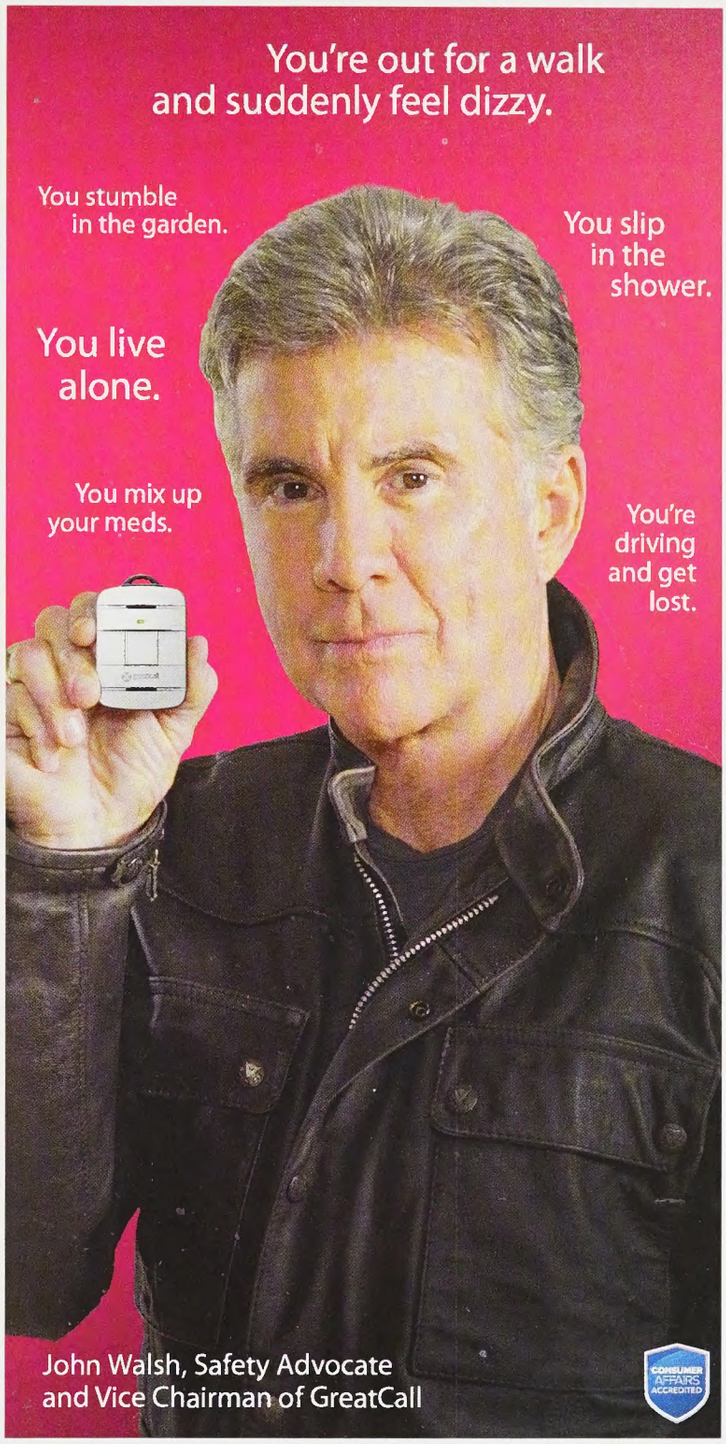
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All offers require credit qualification, 2-Year commitment with early termination fee and eAutoPay.
Offer for new and qualifying former customers only. Important Terms and Conditions: Qualification: Advertised price requires credit qualification and eAutoPay. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. Offer ends 10/27/16. 2-Year Commitment: Early termination fee of $20/mo. remaining applies if you cancel early. Included in 2-year price guarantee at $39.99 advertised price: Flex Pack plus one add-on Pack, HD service fees, and equipment for 1 TV. Included in 2-year price guarantee at $54.99 advertised price: America's Top 120 Plus programming package, Local channels and Regional Sports Networks (where available), HD service fees, and equipment for 1 TV. Included in 2-year price guarantee for additional cost: Programming package upgrades ($64.99 for AT200, $74.99 for AT250), monthly fees for additional receivers ($7 per additional TV, receivers with additional functionality may be $10-$15) and monthly DVR service fees ($10). NOT included in 2-year price guarantee or advertised price (and subject to change): Taxes & surcharges, add-on programming (including premium channels), Protection Plan, and transactional fees. Hopper: Recording hours vary; 2000 hours based on SD programming. Premium Channels: Subject to credit qualification. After 3 mos., you will be billed $60/mo. for HBO, Cinemax, Showtime, Starz and DISH Movie Pack unless you call to cancel. Gift and Pre-paid Cards: Courtesy of GoDish.com for credit-qualified customers. Customers who do not qualify may be eligible for a secondary gift offer. Visa® Prepaid Card is given to you as a reward or gift and no money has been paid by you for the card. Visa® Prepaid Card is issued by MetaBank®, Member FDIC, pursuant to a license from Visa U.S.A. Inc. No cash access or recurring payments. Card valid for up to 12 months; unused funds will be forfeited at midnight EST the last day of the month of the valid thru date. Card terms and conditions apply, see card carrier for details. Neither MetaBank nor Visa is a sponsor, endorser or participant in this promotion. Mail-in redemption form is required within 60 days of qualified activation to receive gift. Account must be active and in good standing at the time of redemption. Allow 6-8 weeks for delivery of gift. Ask sales representative for promotion eligibility details. Other: Netflix steaming membership required. All packages, programming, features, and functionality are subject to change without notice. After 6 mos., you will be billed $8/mo. for Protection Plan unless you call to cancel. After 2 years, then-current everyday prices for all services apply. Upfront or additional monthly fees may apply. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC. © 2016 GoDish.com. All rights reserved.

*Internet: While $19.99 is the most widely available starting-at price nationwide, it is not available in all areas. Internet speeds, prices and providers vary by customer address, call for details.